

Inner Balance

Yoga & Hormones



Headaches

Mood swings

Acne

**Insomnia
Tiredness
Fatigue**

Night Sweats

Low libido

Weight Gain

Food Cravings

with *Nidda Heyek*

Inner Balance: Yoga for Hormones

Basic Hormonal Overview

Hormones are chemical messengers that regulate various bodily functions, including metabolism, mood, sleep, and reproductive health. The endocrine system, which includes several glands, produces these hormones.

How Hormones Affect the Body, Mind, and Emotions

Hormonal imbalances can lead to symptoms like fatigue, anxiety, mood swings, sleep disturbances, and irregular menstrual cycles. By understanding their impact, we can take steps to support balance.

Where Are They Located?

- **Pineal Gland** – Deep in the brain, regulates sleep-wake cycles through melatonin.
- **Pituitary Gland** – Base of the brain, often called the "master gland" as it controls other glands.
- **Thyroid Gland** – Front of the neck, regulates metabolism and energy.
- **Parathyroid Glands** – Behind the thyroid, control calcium levels.
- **Thymus** – Upper chest, involved in immune function.
- **Adrenal Glands** – Above the kidneys, produce stress hormones like cortisol and adrenaline.
- **Pancreas** – Behind the stomach, regulates blood sugar through insulin.
- **Ovaries/Testes** – Lower abdomen, responsible for reproductive hormones.

How Hormones Change Through Life Stages

- **Teenagers:** Puberty causes major hormonal shifts, affecting growth, emotions, and reproductive health.
- **Adulthood:** Stress, diet, and lifestyle impact hormonal balance, influencing metabolism, fertility, and mood.
- **Ageing:** Hormone production decreases, affecting energy, skin elasticity, and bone health.

Supporting Hormonal Balance

- **Nutrition & Hydration:** Eat whole foods, healthy fats, and hydrate well.
- **Movement & Rest:** Regular exercise and sufficient sleep regulate hormone production.
- **Stress Management:** Reduce stress through mindfulness, meditation, and self-care.

How Yoga, Breath, and Meditation Help

- Yoga postures stimulate endocrine glands, improving circulation and function.
- Breathwork (pranayama) activates the parasympathetic nervous system, reducing cortisol levels.
- Meditation balances the nervous system, promoting hormonal harmony.

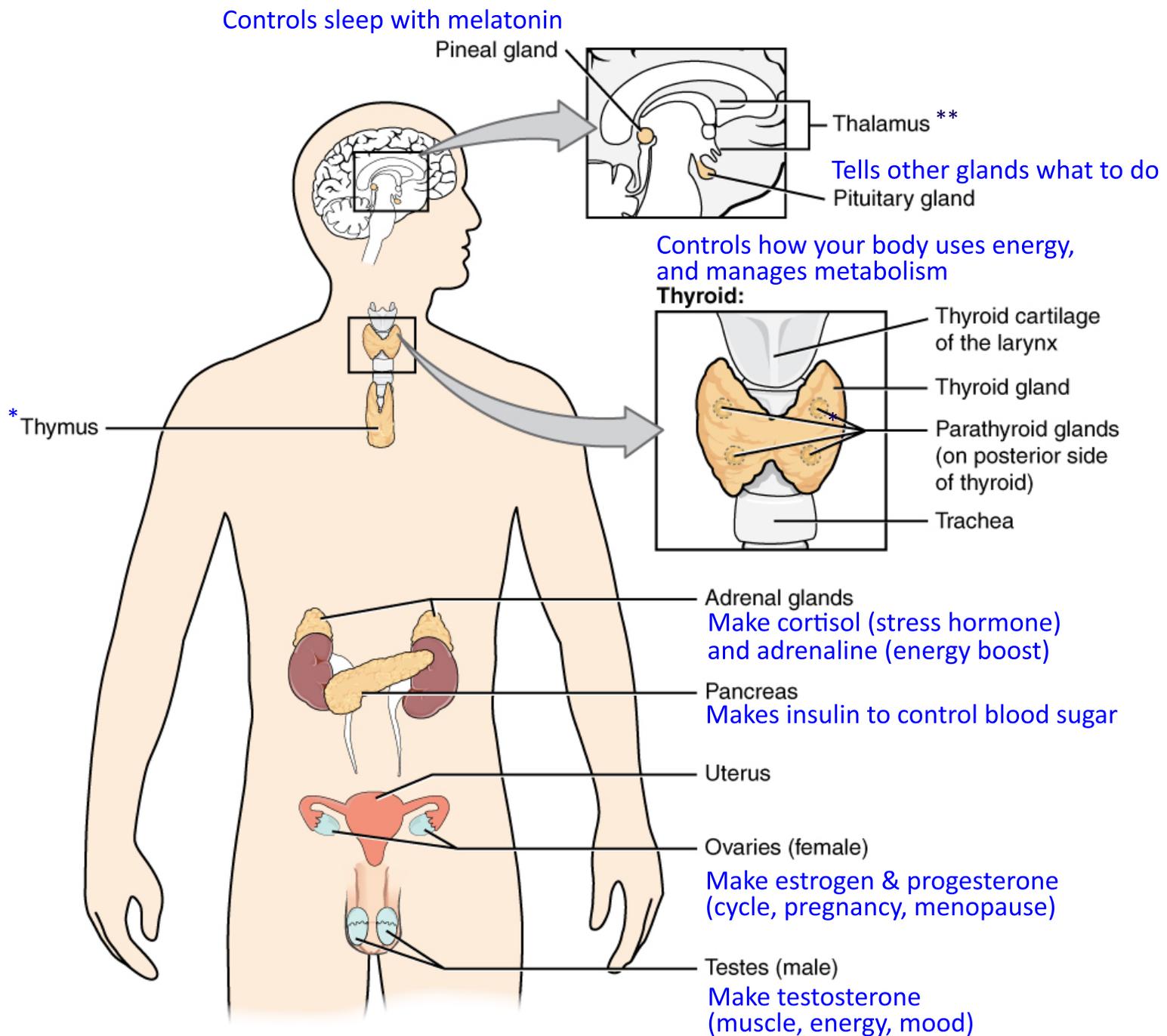
Easy Ayurvedic Practices for Daily Life

- **Morning Rituals:** Tongue scraping, warm lemon water, and oil pulling.
 - *Oil Pulling:* Removes toxins from the mouth, reducing inflammation that can disrupt hormone balance.
 - *Warm Lemon Water:* Aids digestion and liver detoxification, which is crucial for hormone metabolism.
- **Balancing Foods:** Incorporate spices like turmeric (reduces inflammation), cinnamon (supports blood sugar balance), and ashwagandha (adrenal support).
- **Abhyanga (Self-Massage):** Nourishes the nervous system, promoting circulation and reducing cortisol levels.
- **Moon Gazing:** Helps regulate melatonin production, improving sleep cycles and reproductive health.
- **Daily Routines (Dinacharya):** Sticking to a consistent wake and sleep schedule supports the body's natural circadian rhythms, which directly influence hormone production.

External Hormone Disruptors to Avoid

- Chemicals in personal care products and fragrances.
- Processed foods and excessive sugar.
- Exposure to plastics and environmental toxins.

The Endocrine System



* Thymus: small gland that is part of the lymphatic system playing a crucial role by supporting the development of functional T cells.

** Thalamus: part of the brain responsible for sleep regulation and relaying sensory signals. It is your body's information relay station, where all information from your body's senses (except smell) must be processed through.

List of hormones found in the endocrine glands of the nervous system

Hypothalamus

Thyrotropin-releasing hormone
 Dopamine
 Growth hormone-releasing hormone
 Somatostatin
 Gonadotropin-releasing hormone
 Corticotropin-releasing hormone
 Oxytocin
 Vasopressin

Pineal gland

Melatonin

Pituitary Gland

Anterior pituitary

Growth hormone
 Thyroid-stimulating hormone
 Adrenocorticotrophic hormone
 Follicle-stimulating hormone
 Luteinizing hormone
 Prolactin

Posterior pituitary

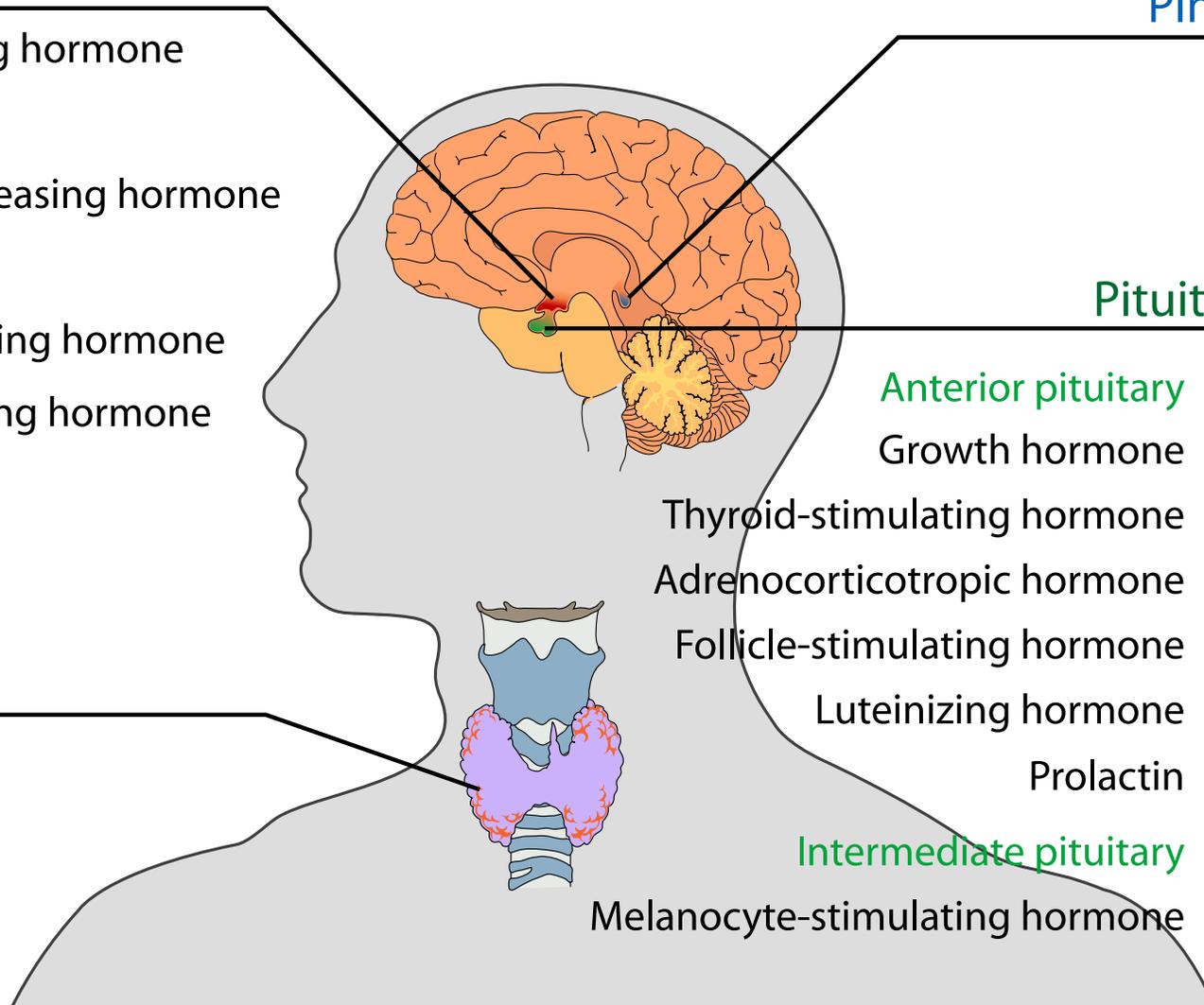
Oxytocin
 Vasopressin
 Oxytocin (stored)
 Anti-diuretic hormone (stored)

Intermediate pituitary

Melanocyte-stimulating hormone

Thyroid

Triiodothyronine
 Thyroxine



Pranayama Techniques for Hormonal Balance

Breathwork directly influences the **nervous system, endocrine system, and hormonal balance**, the following techniques:

- ✓ **Lower cortisol & stress levels** (supporting adrenals)
 - ✓ **Balance the nervous system** (stimulating the vagus nerve)
 - ✓ **Enhance oxygenation & circulation** (supporting thyroid, pancreas, and overall energy balance)
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1. Nadi Shodhana (Alternate Nostril Breathing) – Balances the Nervous System

- **Supports:** The hypothalamus, pituitary gland, and parasympathetic nervous system
 - **How It Helps:**
 - Balances **left & right hemispheres of the brain**, supporting emotional stability.
 - Regulates **stress hormones like cortisol**, helping reduce adrenal fatigue.
 - Enhances **oxygen flow**, benefiting thyroid and metabolic function.
 - **How to Practice:**
 - Sit comfortably, use the right thumb to close the right nostril, inhale through the left.
 - Close the left nostril with the ring finger, exhale through the right.
 - Inhale through the right, switch, exhale left.
 - Repeat for **5 minutes**, focusing on slow, steady breaths.
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2. Bhramari (Bee Breath) – Calms the Mind & Lowers Cortisol

- **Supports:** Pineal gland (melatonin production), thyroid, and parasympathetic nervous system
- **How It Helps:**
 - Reduces **stress hormones**, helping with anxiety, tension, and emotional imbalances.
 - Supports **thyroid health** by improving circulation to the throat area.
 - Enhances **sleep quality** by increasing melatonin levels.

- **How to Practice:**
 - Sit in a relaxed position, close your eyes.
 - Inhale deeply, then exhale while making a **low humming sound (like a bee)**.
 - Keep the lips closed and feel the vibration in your **throat and head**.
 - Repeat for **6 rounds**, allowing the nervous system to deeply relax.
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3. Ujjayi (Ocean Breath) – Supports Thyroid & Metabolism

- **Supports:** Thyroid gland, nervous system, digestion
 - **How It Helps:**
 - Creates gentle **internal heat**, stimulating **metabolism & circulation**.
 - Regulates **energy levels**, preventing hormonal burnout.
 - Enhances **focus and mindfulness**, reducing mental stress.
 - **How to Practice:**
 - Inhale deeply through the nose, slightly constricting the throat.
 - Exhale through the nose with a soft **"haaa" sound**, like fogging up a mirror.
 - Keep the breath slow and steady, focusing on the throat area.
 - Repeat for **3-5 minutes**, feeling the energy shift.
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4. Dirga (Three-Part Breath) – Deep Relaxation & Nervous System Reset

- **Supports:** Adrenal glands, reproductive system, overall hormone regulation
 - **How It Helps:**
 - Activates the **parasympathetic nervous system**, reducing fight-or-flight response.
 - Improves **oxygenation & circulation**, helping hormonal detox.
 - Grounds emotions and **balances energy fluctuations**.
 - **How to Practice:**
 - Inhale deeply, first filling the **belly**, then the **ribcage**, then the **chest**.
 - Exhale slowly in reverse order: **chest, ribs, belly**.
 - Maintain a **slow, controlled breath** for **5 minutes**.
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Common Hormone Imbalances

1. Mood Swings → Hormone: Estrogen, Progesterone, Cortisol

What Happens:

- Estrogen & progesterone **rise and fall** during the menstrual cycle and perimenopause, affecting emotions.
- **High cortisol (stress hormone)** can lead to anxiety, irritability, and even depression.

How to Rebalance:

- ✓ **Yoga:** Gentle inversions (Legs Up the Wall) & restorative poses (Supta Baddha Konasana) calm the nervous system.
 - ✓ **Breathwork:** Nadi Shodhana (Alternate Nostril Breathing) balances emotions.
 - ✓ **Lifestyle:** Magnesium-rich foods (avocados, dark chocolate) help stabilize mood.
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2. Headaches → Hormone: Estrogen, Cortisol

What Happens:

- **Low estrogen** before a period or during menopause can trigger headaches.
- **High cortisol (stress)** tightens neck & jaw muscles, leading to tension headaches.

How to Rebalance:

- ✓ **Yoga:** Forward folds (Child's Pose, Seated Forward Fold) help release tension.
 - ✓ **Breathwork:** Bhramari (Bee Breath) soothes the nervous system.
 - ✓ **Lifestyle:** Stay hydrated, reduce caffeine & sugar (both can spike cortisol).
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3. Acne → Hormone: Androgens (Testosterone), Estrogen, Insulin

What Happens:

- **High androgens (testosterone)** increase oil production, clogging pores.
- **Estrogen imbalance** (too high or too low) can cause hormonal breakouts.
- **High insulin (blood sugar spikes)** increases inflammation and oil production.

How to Rebalance:

- ✓ **Yoga:** Twists (Revolved Chair, Seated Spinal Twist) support detox.
- ✓ **Breathwork:** Slow, deep belly breathing lowers stress-related breakouts.
- ✓ **Lifestyle:** Reduce processed sugar & dairy (can spike insulin and androgens).

4. Night Sweats → Hormone: Estrogen, Cortisol

What Happens:

- **Low estrogen** (perimenopause, menopause) affects temperature regulation.
- **High cortisol at night** can trigger overheating.

How to Rebalance:

- ✓ **Yoga:** Cooling poses (Supta Baddha Konasana, Legs Up the Wall).
- ✓ **Breathwork:** Sheetalī (Cooling Breath) lowers body temp.
- ✓ **Lifestyle:** Sleep in cool temperatures, avoid alcohol & spicy foods at night.

5. Food Cravings → Hormone: Insulin, Cortisol, Ghrelin, Leptin

What Happens:

- **High cortisol (stress hormone)** makes you crave sugar & carbs.
- **Insulin spikes** from processed food lead to more cravings.
- **Ghrelin (hunger hormone) & leptin (fullness hormone)** get out of sync when sleep-deprived.

How to Rebalance:

- ✓ **Yoga:** Gentle backbends (Bridge Pose) regulate stress hormones.
- ✓ **Breathwork:** Dirga (Three-Part Breath) stabilizes cravings.
- ✓ **Lifestyle:** Eat protein & fiber with meals to avoid blood sugar crashes.

6. Weight Gain → Hormone: Insulin, Cortisol, Thyroid Hormones

What Happens:

- **High cortisol** stores fat around the belly.
- **Insulin resistance** causes weight gain, especially with sugary foods.
- **Low thyroid function (hypothyroidism)** slows metabolism.

How to Rebalance:

- ✓ **Yoga:** Twists (Revolved Chair) & core activation (Boat Pose) help digestion.
- ✓ **Breathwork:** Ujjayi (Ocean Breath) stimulates metabolism.
- ✓ **Lifestyle:** Reduce processed sugar & refined carbs, increase movement.

7. Low Libido → Hormone: Estrogen, Testosterone, Cortisol

What Happens:

- **Low estrogen/testosterone** (perimenopause, stress) can lower sex drive.
- **High cortisol (stress)** suppresses reproductive hormones.

How to Rebalance:

- ✓ **Yoga:** Hip openers (Pigeon Pose) improve circulation to reproductive organs.
 - ✓ **Breathwork:** Bhramari (Bee Breath) relaxes and reduces stress.
 - ✓ **Lifestyle:** Healthy fats (avocados, nuts) boost hormone production.
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8. Insomnia, Tiredness & Fatigue → Hormone: Cortisol, Melatonin, Thyroid Hormones

What Happens:

- **High cortisol at night** makes it hard to sleep.
- **Low melatonin** (blue light exposure, stress) disrupts sleep cycles.
- **Low thyroid function** causes daytime fatigue.

How to Rebalance:

- ✓ **Yoga:** Forward folds (Seated Forward Fold) calm the nervous system.
 - ✓ **Breathwork:** Dirga (Three-Part Breath) before bed promotes relaxation.
 - ✓ **Lifestyle:** Reduce screen time before bed, add magnesium-rich foods.
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9. Hip Pain → Hormone: Estrogen, Relaxin, Cortisol

What Happens:

- **Low estrogen** (menopause, period) affects joint lubrication.
- **High cortisol (stress)** tightens the psoas muscle, causing hip pain.
- **Relaxin (pregnancy & postpartum)** loosens hip joints, causing instability.

How to Rebalance:

- ✓ **Yoga:** Hip openers (Malasana, Supta Baddha Konasana) for flexibility & support.
 - ✓ **Breathwork:** Nadi Shodhana (Alternate Nostril) calms cortisol-related tightness.
 - ✓ **Lifestyle:** Stay hydrated, add omega-3s (salmon, walnuts) for joint health.
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Gland name and location in the body	What hormones it produces and its influence on the body	Related symptoms	How to Support Balance
Pituitary Gland Base of the brain	Growth hormone (supports growth), ACTH (stimulates cortisol), Prolactin (milk production), Oxytocin (the 'love hormone' - bonding & childbirth)	Mood swings (oxytocin & prolactin changes), stress response (ACTH), fatigue if imbalanced	Yoga (Restorative poses, Child's Pose), breathwork (Nadi Shodhana), stress management
Pineal Gland Deep in the brain	Melatonin (the 'sleep hormone' - regulates sleep cycles)	Insomnia, tiredness, fatigue (melatonin disruption)	Reduce blue light exposure, practice sleep hygiene, meditation before bed
Thyroid Gland Front of the neck	Thyroxine (T4), Triiodothyronine (T3) (control metabolism & energy levels)	Weight gain/loss, fatigue, mood swings (thyroid imbalance)	Balanced diet (iodine, selenium-rich foods), gentle movement, stress reduction
Parathyroid Glands Behind the thyroid	Parathyroid hormone (regulates calcium levels & bone strength)	Hip pain (calcium imbalance affects bone & joint health)	Calcium & magnesium-rich foods, weight-bearing exercises, yoga for hip stability
Adrenal Glands Above the kidneys	Cortisol (the 'stress hormone' - energy & stress response), Adrenaline (fight-or-flight), Aldosterone (regulates blood pressure)	Mood swings, weight gain, food cravings, night sweats, headaches (cortisol & adrenaline fluctuations)	Yoga (Restorative, grounding poses), breathwork (Bhramari), adaptogenic herbs (ashwagandha)
Pancreas Behind the stomach	Insulin (lowers blood sugar), Glucagon (raises blood sugar)	Food cravings, weight gain (insulin resistance), energy crashes	Balanced meals (protein & fiber), avoid refined sugars, regulate meal times
Ovaries Lower abdomen	Estrogen (regulates cycle, skin & mood), Progesterone (pregnancy hormone, calms nervous system)	Mood swings, acne, night sweats, low libido (estrogen & progesterone fluctuations)	Yoga (Hip openers, Reclined Bound Angle Pose), breathwork, hormone-balancing foods
Testes Lower abdomen	Testosterone (the 'drive hormone' - muscle, libido, energy, mood)	Low libido, weight gain, mood swings (testosterone imbalance)	Strength training, healthy fats (avocados, nuts), stress reduction, breathwork

Ayurveda Body Type - Dosha: Vata (Air & Space) | Light, dry, cool, quick-moving, creative, prone to anxiety

Symptoms	Hormonal Imbalance	Yoga Solutions	Ayurvedic Solutions
Insomnia & Fatigue	High cortisol (stress response), low melatonin, thyroid imbalance (adrenal fatigue & sleep disruption)	Dynamic flow, strength-building poses (Warrior Poses, Sun Salutations), Kapalabhati breath	Stimulating foods (ginger, mustard greens, cayenne pepper), metabolism-boosting herbs (triphala, cinnamon)
Hip Pain	Low estrogen & calcium imbalance (joint stiffness & poor lubrication)		
Anxiety & Stress	High cortisol (stress response), low progesterone (nervous system imbalance)		
Digestive Issues	Low progesterone & high cortisol (gut lining irritation, stress-related digestive issues)	Restorative yoga, slow flows, grounding poses (Child's Pose, Supta Baddha Konasana), Nadi Shodhana breath	Warming foods (sweet potatoes, cooked oats, almonds), adaptogens (ashwagandha, licorice), calming teas
Brain Fog	Low estrogen & thyroid imbalance (cognitive fog, sluggish mental function)		
Chronic Hip Tendon Inflammation (Gluteal Tendinopathy)	Low estrogen & weak tendons (chronic hip pain & tendon stiffness)		
Osteoporosis	Low estrogen & progesterone (bone density loss, increased fragility)		

Ayurveda Body Type - Dosha: Kapha (Earth & Water) | Heavy, slow, steady, calm, prone to sluggishness

Symptoms	Hormonal Imbalance	Yoga Solutions	Ayurvedic Solutions
Weight Gain	Insulin resistance & slow metabolism (linked to poor thyroid function & metabolic dysfunction)	Dynamic flow, strength-building poses (Warrior Poses, Sun Salutations), Kapalabhati breath	Stimulating foods (ginger, mustard greens, cayenne pepper), metabolism-boosting herbs (triphala, cinnamon)
Joint Pain & Stiffness	Low estrogen (menopause, aging), high cortisol (stress-induced inflammation & stiffness)		
Metabolic Syndrome	Insulin resistance & metabolic dysfunction (sluggish metabolism, poor blood sugar control)	Cooling yoga, Sheetali breath, forward folds (Seated Forward Fold, Supine Twist)	Cooling foods (cucumber, mint, coconut water), liver-supporting herbs (turmeric, dandelion)
Diabetes	Insulin resistance & high cortisol (poor glucose metabolism)		
Slow Metabolism	Low thyroid function (slowed metabolism, decreased energy production)		
Emotional Heaviness	Excess cortisol & emotional imbalance (stress-driven weight gain & fatigue)		
PCOS	Excess prolactin & estrogen dominance (ovarian dysfunction, cycle irregularity)	Restorative yoga, slow flows, grounding poses (Child's Pose, Supta Baddha Konasana), Nadi Shodhana breath	Warming foods (sweet potatoes, cooked oats, almonds), adaptogens (ashwagandha, licorice), calming teas
Ovarian Cysts	Excess prolactin & estrogen dominance (fluid retention, ovarian cyst development)		

Ayurveda Body Type - Dosha: Pitta (Fire & Water) | Hot, intense, sharp-minded, ambitious, prone to irritation

Symptoms	Hormonal Imbalance	Yoga Solutions	Ayurvedic Solutions
Mood Swings	Estrogen & progesterone fluctuations, high cortisol (stress-induced emotional imbalance)	Dynamic flow, strength-building poses (Warrior Poses, Sun Salutations), Kapalabhati breath	Stimulating foods (ginger, mustard greens, cayenne pepper), metabolism-boosting herbs (triphala, cinnamon)
Headaches	Low estrogen, high cortisol (stress & hormonal fluctuations)		
Acne	High androgens (testosterone), estrogen imbalance, insulin resistance (poor detoxification & inflammation)		
Night Sweats	Low estrogen & high cortisol (stress-induced temperature fluctuations)	Cooling yoga, Sheetalī breath, forward folds (Seated Forward Fold, Supine Twist)	Cooling foods (cucumber, mint, coconut water), liver-supporting herbs (turmeric, dandelion)
Food Cravings	High cortisol & insulin spikes (stress-induced cravings & energy crashes)		
Liver Stress	Liver overload (poor detoxification, estrogen metabolism issues)		
High Blood Pressure	Excess cortisol (stress-induced hypertension)		
Inflammation	High cortisol & estrogen imbalance (chronic inflammatory response, pain sensitivity)	Restorative yoga, slow flows, grounding poses (Child's Pose, Supta Baddha Konasana), Nadi Shodhana breath	Warming foods (sweet potatoes, cooked oats, almonds), adaptogens (ashwagandha, licorice), calming teas
Joint Pain & Stiffness	High cortisol & estrogen imbalance (stiff, achy joints, slow recovery)		



Supta Baddha Konasana

(Reclined Bound Angle Pose)

Grounding & reproductive health

- **Supports:** Ovaries, reproductive hormones (estrogen & progesterone), pelvic relaxation.
- **How It Helps:** Opens the pelvis, improves blood flow to reproductive organs, and activates the parasympathetic nervous system to reduce stress.
- **Breathwork:** Deep belly breathing to activate relaxation response.
- **Modifications:** Bolster under the spine, strap around feet for hip support, blankets under knees.



Ananda Balasana

(Happy Baby Pose)

Nervous system reset

- **Supports:** Hip flexibility, hip & pelvic floor relaxation, stress release.
- **How It Helps:** Gently stretches inner thighs & lower back, releasing cortisol-related tightness. Activates the parasympathetic nervous system, calming the stress response.
- **Breathwork:** slow, humming exhale to stimulate deep relaxation.
- **Modification:** Hold the back of your thighs (instead of holding your feet.)



Bhujangasana

(Cobra Pose)

Stimulates the endocrine system

- **Supports:** Thyroid and metabolism.
- **How It Helps:** Stimulates the thyroid gland, improves energy levels, and enhances circulation to the throat.
- **Breathwork:** Inhale deeply to expand the chest and energize the body.
- **Modification:** Rest ribs and lower belly on a bolster to reduce strain.



Balasana

(Child's Pose)

Nervous System Reset

- **Supports:** Adrenals, stress relief, digestion, overall relaxation.
- **How It Helps:** Gently stretches the spine, hips, and ankles, helping release stored tension. Grounds the nervous system, reducing stress hormones and promoting deep relaxation.
- **Breathwork:** Slow, rhythmic breathing to soften tension and activate the parasympathetic nervous system
- **Modification:** Rest the torso on a bolster for full relaxation.



Paschimottanasana

(Seated Forward Fold)

Calms the Nervous System & Stimulates Digestion

- **Supports:** Adrenals, pancreas, and nervous system.
- **How It Helps:** Compresses the abdomen, stimulating digestion & insulin regulation. Encourages introspection & deep relaxation, reducing stress hormones.
- **Breathwork:** Slow inhale to lengthen the spine, long exhale to fold deeper.
- **Modification:** Bolster over the legs to reduce strain and encourage deeper relaxation. *support the bolster with blocks, by placing one block between the calves.



Parivrtta Janu Sirsasana

(Revolved Head-to-Knee Pose)

Liver Detox & Thyroid Stimulation

- **Supports:** Liver (detoxification), thyroid, and digestion.
- **How It Helps:** Twisting motion massages the liver & pancreas, aiding detox & blood sugar balance. Opens side body & ribcage, enhancing lung capacity & oxygenation.
- **Breathwork:** *Slow breath with deep side-body expansion.*
- **Modification:** *Bolster over extended leg for a gentle supported twist. Place elbow on a block, in front of the bolster.*



Ardha Matsyendrasana

(Seated Spinal Twist)

Liver detox & digestive support

- **Supports:** Hip Release, digestive tract, pancreas.
- **How It Helps:** Twists stimulate the liver, aiding in estrogen metabolism and detox. Compresses the abdomen, stimulating digestion and improving insulin regulation. Releases tension from the outer hips & IT band, reducing stiffness.
- **Breathwork:** Inhale to lengthen, exhale to twist deeper.
- **Modification:** Blanket under hips for extra support and to help lengthening the spine.



Parivrtta Utkatasana

(Revolved Chair Pose)

Digestive & Endocrine Boost

- **Supports:** Liver, pancreas, and digestion.
- **How It Helps:** Deep twisting compresses the digestive organs, stimulating detox & metabolism. Encourages glucose regulation, supporting insulin sensitivity.
- **Breathwork:** Inhale to lengthen, exhale to deepen the twist.
- **Modification:** Use a chair for support, use a wall behind you, with a block between your thighs.



Prasarita Padottanasana

(Wide-Legged Forward Fold)

Thyroid & Blood Flow Stimulation

- **Supports:** Thyroid, brain, nervous system.
- **How It Helps:** Increases blood flow to the head, stimulating the pituitary & pineal glands (hormone regulators). Creates a sense of calm by activating the parasympathetic nervous system.
- **Breathwork:** Exhale to relax deeper, focusing on softening the jaw & neck.
- **Modification:** Block under the head, or seated variation with blankets under hips and bolster to hug.



Malasana

(Yogi Squat)

Hip mobility, digestion & grounding

- **Supports:** Hip flexibility, digestion, and reproductive health.
- **How It Helps:** Opens tight hip flexors & groin, counteracting cortisol-related tightness. Encourages blood flow to pelvic organs, relieving tension in the lower back and sacrum. Stimulates digestion, supports insulin regulation, and grounds the body.
- **Breathwork:** Deep inhales and slow exhales to deepen the release and to promote relaxation and gut health.
- **Modification:** Sit on a block for stability.



Eka Pada Rajakapotasana

(Pigeon Pose)

Nervous System Reset

- **Supports:** Deep Hip & Psoas Release, Hip flexibility, cortisol reduction, pelvic relaxation.
- **How It Helps:** Stretches the hip flexors, reducing stress-related hip tension. Stimulates the parasympathetic nervous system, calming cortisol levels..
- **Breathwork:** Deep Belly Breathing.
- **Modification:** Bolster under the hips for support.



Setu Bandhasana

(Bridge Pose)

Thyroid & Metabolism Booster

- **Supports:** Thyroid, adrenals, reproductive system & pelvic stability.
- **How It Helps:** Gentle backbend, engages core & glutes, stabilizing the hips. Stimulates the thyroid gland, balancing metabolism. Opens the heart & chest, relieving stress-related tightness.
- **Breathwork:** Inhale to lift, exhale to soften.
- **Modification:** Block under sacrum for gentle backbend.



Viparita Karani

(Legs Up the Wall Pose)

Adrenal Reset & Circulatory Boost

- **Supports:** Adrenal glands, thyroid
- **How It Helps:** Lowers cortisol levels, reduces fatigue, and enhances lymphatic drainage. Improves circulation to the thyroid, helping balance metabolism.
- **Breathwork:** Slow, extended exhales to calm the nervous system and to activate the *vagus nerve.
- **Modification:** Strap around legs, sandbag over feet.

* *The vagus nerve, plays a crucial role in the parasympathetic nervous system, which controls involuntary functions such as digestion, heart rate, and immune response.*



Savasana

(Corpse Pose)

Full System Reset

- **Supports:** Entire endocrine system.
- **How It Helps:** Allows full integration of the practice, resets the nervous system, and brings deep hormonal balance. Activates the parasympathetic nervous system, bringing the body into deep healing mode.
- **Breathwork:** Slow diaphragmatic breathing.
- **Modification:** Bolster under the knees, or a folded blanket under the thighs..



In gratitude...

“Yoga is the artwork of awareness on the canvas of the body, mind and soul.” - Amit Ray, “Yoga and Vipassana”

This journey is not just about movement—it’s about understanding your body, honoring the seasons of life, and creating harmony from within. I hope this guide empowers you to integrate these practices into your daily life with ease and confidence.

Connect with Me

If you enjoyed this workshop and would love to dive deeper into holistic wellness, energy healing, and mindful movement, I invite you to stay connected!

📱 Social media: [@NildaWellness](#)

✉ Email: NildaYoga@yahoo.com

🌐 Website: NildaWellness.com

♥ Have questions? I’d love to hear from you! Feel free to reach out anytime.

♥ Share your experience! Tag me on social media & let me know what resonated with you the most.

With gratitude & light,



Holistic Wellness Guide | Yoga & Energy Healing Practitioner



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